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Bitter Cold Air to Once Again Grip Wisconsin State agencies team up to warn residents

(MADISON) – Wisconsin needs to be ready again for another blast of arctic air that will be moving into the state Tuesday and hovering over through the weekend.

Health Risks – With these bitter temperatures, beware of hypothermia and frostbite.

Frostbite can occur on exposed skin in less than 10 minutes. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, ear tips and tip of the nose. Limit your time outside. If you see these signs, seek medical care immediately!

Signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness in adults and children. In infants, symptoms can include bright red or cold skin and very low energy. If you notice anyone exhibiting any of the symptoms of hypothermia, seek medical care immediately!

Carbon Monoxide Danger - Carbon monoxide is the leading cause of accidental poisoning deaths in the United States. Symptoms of overexposure to carbon monoxide are often mistaken for the flu and include headaches, fatigue, dizziness, shortness of breath/chest pain, nausea/vomiting, and confusion. If you or someone you know experience any of these symptoms, or your carbon monoxide detector sounds an alarm, head outside immediately for fresh air and call 911.

Pet Precautions - While our pets might seem to have built-in, warm winter coats, they too are sensitive to the elements. It is recommended to bring them indoors during this bitter weather. Dogs and cats can get frost bitten ears, nose and feet if left outside during bitter cold weather.

On the road - If you are traveling make sure you have a winter emergency kit in your vehicle. Call 511 or go to www.511wi.gov for the latest road conditions across Wisconsin, and to access regional travel information.